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RID

VISIT

NHLBI GROWTH AND HEALTH STUDY

HEALTH BELIEFS AND ATTITUDES - A

MALFEM

1. Is the parent/guardian male or female? ..... Male ☐ Female ☐

HAND SHOW CARD #1

2. How happy or unhappy do you think the following people would feel about your weight if they were asked?

(READ THE RESPONSE CATEGORIES)

		Very Happy	Happy	Unhappy	Very Unhappy	Do Not Have One
MATEWT	A. How happy is your husband/wife/partner	☐	☐	☐	☐	☐
NGHSCWT	B. How happy is your child in this study	☐	☐	☐	☐	☐
DADWT	C. How happy is your father	☐	☐	☐	☐	☐
MOMWT	D. How happy is your mother	☐	☐	☐	☐	☐

3. Are you thinner or heavier than your best friend who is the same sex as you?

THINHEAV

Are you **(READ THE CATEGORIES)**:

Much thinner	☐	1
Thinner	☐	2
About the same	☐	3
Heavier	☐	4
Much heavier	☐	5

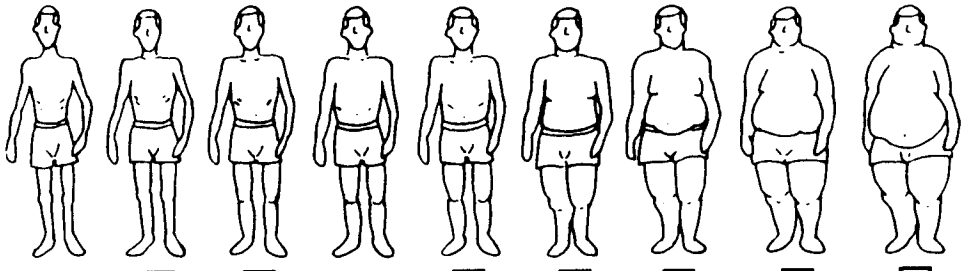
HAND SHOW CARD #2

4. How strongly do you agree or disagree that being thin would make someone your age:

(REPEAT THE QUESTIONS AS NECESSARY)		Strongly Agree	Agree	Doesn't Matter	Dis-agree	Strongly Disagree
		(READ THE CATEGORIES FOR A AND THEN AS NECESSARY)				
POPULTH	A. Well liked	☐	☐	☐	☐	☐
FELBETTH	B. Feel better about themself	☐	☐	☐	☐	☐
LESSUCTH	C. Less able to succeed	☐	☐	☐	☐	☐
MORATTRT	D. More attractive to men/women	☐	☐	☐	☐	☐
MANWOMTH	E. Feel less like a woman/man	☐	☐	☐	☐	☐
CONFIDTH	F. Less confident	☐	☐	☐	☐	☐
PUSHEDTH	G. Less likely to get pushed around	☐	☐	☐	☐	☐
THINHLTH	H. Healthier	☐	☐	☐	☐	☐

HAND SHOW CARD #3

5A. Please tell me which figure looks like your father when he was your present age.



Don't Know ☐

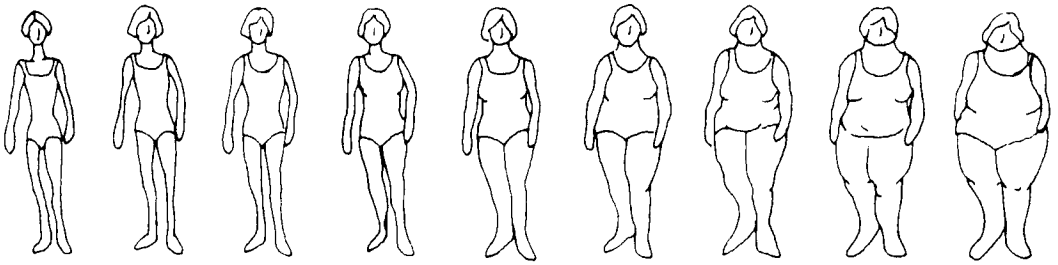
A ☐ B ☐ C ☐ D ☐ E ☐ F ☐ G ☐ H ☐ I ☐

DADIMAGE

HAND SHOW CARD #4

MOMIMAGE

5B. Please tell me which figure looks like <u>your mother</u> when she was your <u>present age</u>.



Don't Know ☐ A ☐ B ☐ C ☐ D ☐ E ☐ F ☐ G ☐ H ☐ I

6. <u>Within the last two years</u>, have any of the following people ever told you that you are <u>too thin</u>?

		Yes	No	Do Not Have One
A.	Your husband/wife/partner MATETHIN	☐	☐	☐
B.	Any male friend MALETHIN	☐	☐	☐
C.	Any female friend FEMTHIN	☐	☐	☐
D.	Any coworker COWKTHIN	☐	☐	☐
E.	Your child in this study NGHSCTHN	☐	☐	☐
F.	A sister SISTHIN	☐	☐	☐
G.	A brother BROTHIN	☐	☐	☐
H.	Your mother MOMTHIN	☐	☐	☐
I.	Your father DADTHIN	☐	☐	☐

7. Within the last two years, have any of the following people ever told you that you are too fat?

		Yes	No	Do Not Have One
A.	Your husband/wife/partner MATEFAT	☐	☐	☐
B.	Any male friend MALFAT	☐	☐	☐
C.	Any female friend FEMFAT	☐	☐	☐
D.	Any coworker COWKFAT	☐	☐	☐
E.	Your child in this study NGHSCFAT	☐	☐	☐
F.	A sister SISFAT	☐	☐	☐
G.	A brother BROFAT	☐	☐	☐
H.	Your mother MOMFAT	☐	☐	☐
I.	Your father DADFAT	☐	☐	☐

HAND SHOW CARD #5

8. How important are the following things to you?

(REPEAT THE QUESTIONS AS NECESSARY)	Very Important	Important	Unimportant	Very Unimportant
	(READ CATEGORIES FOR A AND AS NECESSARY)			
A. Is being well liked POPULIMP	☐	☐	☐	☐
B. Is looking attractive ATTRIMP	☐	☐	☐	☐
C. Is looking thin THINIMP	☐	☐	☐	☐
D. Is being healthy HLTHIMP	☐	☐	☐	☐
E. Is looking masculine (if male)/ looking feminine (if female) MASFEMIM	☐	☐	☐	☐
F. Is not being fat NOFATIMP	☐	☐	☐	☐
G. Is having a loving family LOVFAMIM	☐	☐	☐	☐
H. Is doing well at your work WELWRKIM	☐	☐	☐	☐
I. Is participating in sports or physically active games SPORTSIM	☐	☐	☐	☐
J. Is being in good shape GODSHPIM	☐	☐	☐	☐
K. Is not being skinny SKINYIMP	☐	☐	☐	☐

HAND SHOW CARD #6

9. How strongly do you agree or disagree with the following: I usually feel like eating something:

(REPEAT FOR A THROUGH H. I USUALLY FEEL LIKE EATING SOMETHING:)	Strongly Agree	Agree	Doesn't Matter	Dis-agree	Strongly Disagree
	(READ RESPONSE CATEGORIES FOR A AND AS NECESSARY)				
A. When I'm nervous ..... NERV	☐	☐	☐	☐	☐
B. When I'm under pressure ..... PRESS	☐	☐	☐	☐	☐
C. When I'm bored ..... BORED	☐	☐	☐	☐	☐
D. When I'm sad ..... SAD	☐	☐	☐	☐	☐
E. When I'm happy ..... HAPPY	☐	☐	☐	☐	☐
F. When things aren't going my way ..... NOTGOWY	☐	☐	☐	☐	☐
G. When I'm mad ..... MAD	☐	☐	☐	☐	☐
H. When I'm celebrating ..... CELEBRAT	☐	☐	☐	☐	☐

CONTINUE WITH SAME SHOW CARD

10. Do you agree or disagree that being fat would make someone your age:

(REPEAT THE QUESTION AS NECESSARY)	Strongly Agree	Agree	Doesn't Matter	Dis-agree	Strongly Disagree
	(READ RESPONSE CATEGORIES FOR A AND THEN AS NECESSARY)				
A. Well liked ..... POPULFAT	☐	☐	☐	☐	☐
B. Feel better about themself ..... FELBTFAT	☐	☐	☐	☐	☐
C. Less able to succeed ..... NOSUCFAT	☐	☐	☐	☐	☐
D. More attractive to men/women ..... ATTRFAT	☐	☐	☐	☐	☐
E. Feel less like a woman/man ..... MANWMFAT	☐	☐	☐	☐	☐
F. Less confident ..... LESCNFAT	☐	☐	☐	☐	☐
G. Less likely to get pushed around ..... PUSHFAT	☐	☐	☐	☐	☐
H. Healthier ..... HLTHFAT	☐	☐	☐	☐	☐

IF FEMALE, SKIP TO ITEM 15.

MALE

HAND SHOW CARD #7

11. How happy or unhappy are you with these parts of your body?

		Very Happy	Happy	Unhappy	Very Unhappy
	(READ THE RESPONSE CATEGORIES FOR A AND AS NECESSARY)				
A.	Your height ..... MHT	☐	☐	☐	☐
B.	Your weight ..... MWT	☐	☐	☐	☐
C.	Your skin color ..... MCOLOR	☐	☐	☐	☐
D.	Your chest ..... MCHEST	☐	☐	☐	☐
E.	Your waist ..... MWAIST	☐	☐	☐	☐
F.	Your stomach ..... MSTOM	☐	☐	☐	☐
G.	Your hips ..... MHIPS	☐	☐	☐	☐
H.	Your behind ..... MBEHIND	☐	☐	☐	☐
I.	Your arms ..... MARMS	☐	☐	☐	☐
J.	Your thighs ..... MTHIGH	☐	☐	☐	☐
K.	Your legs ..... MLEGS	☐	☐	☐	☐

12. What was the <u>most</u> you ever weighed after high school? ..... MMOSTWT ..... ___ ___ ___ lbs.

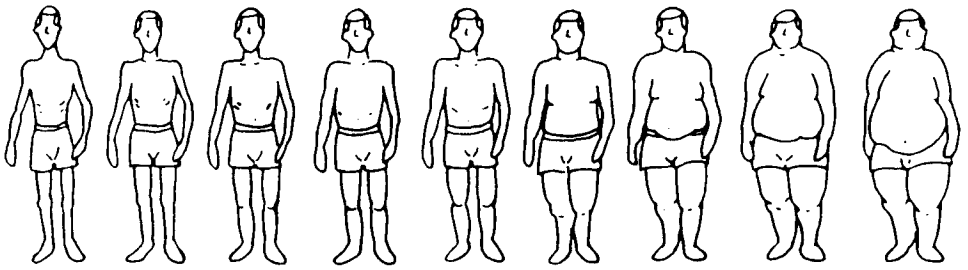
13. What was the least you have ever weighed after high school? MLEASWT ..... ___ ___ ___ lbs.

14. Please select the box under the figure that fits best.

MIMAGE

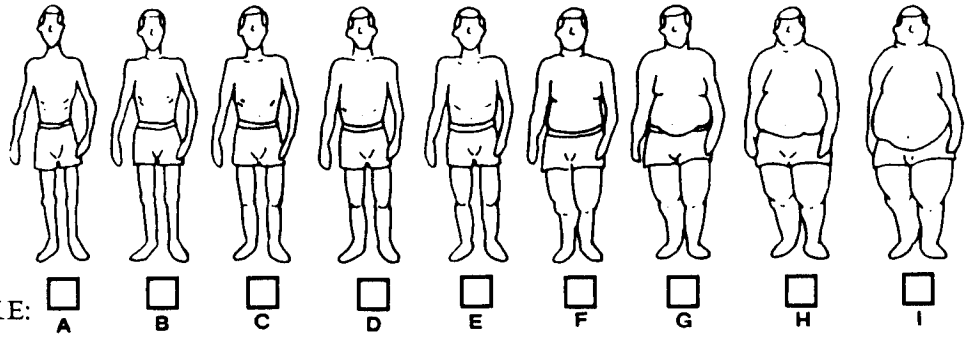
HAND SHOW CARD #8

A. RIGHT NOW, I LOOK LIKE:



CONTINUE WITH SAME SHOW CARD

B. I WOULD LIKE IT BEST, IF I NOW LOOKED LIKE:



MBESIMAG

SKIP TO ITEM 19.

FEMALE

HAND SHOW CARD #9

15. How happy or unhappy are you with these parts of your body?

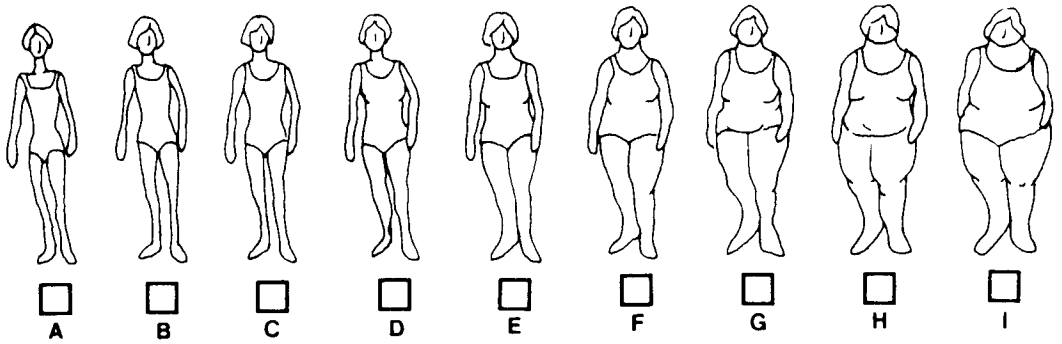
		Very Happy	Happy	Unhappy	Very Unhappy
	(READ THE RESPONSE CATEGORIES FOR A AND AS NECESSARY)				
A.	Your height ..... FHT	☐	☐	☐	☐
B.	Your weight ..... FWT	☐	☐	☐	☐
C.	Your skin color ..... FCOLOR	☐	☐	☐	☐
D.	Your breasts ..... FBREAST	☐	☐	☐	☐
E.	Your waist ..... FWAIST	☐	☐	☐	☐
F.	Your stomach ..... FSTOM	☐	☐	☐	☐
G.	Your hips ..... FHIPS	☐	☐	☐	☐
H.	Your behind ..... FBEHIND	☐	☐	☐	☐
I.	Your arms ..... FARMS	☐	☐	☐	☐
J.	Your thighs ..... FTHIGH	☐	☐	☐	☐
K.	Your legs ..... FLEGS	☐	☐	☐	☐

16. What was the MOST you have ever weighed after high school, except for when you were pregnant? ..... FMOSTWT ___ ___ ___ lbs.

17. What was the LEAST you have ever weighed after high school? ..... FLEASWT ___ ___ ___ lbs.

18. Please select the box under the figure that fits best. FIMAGE

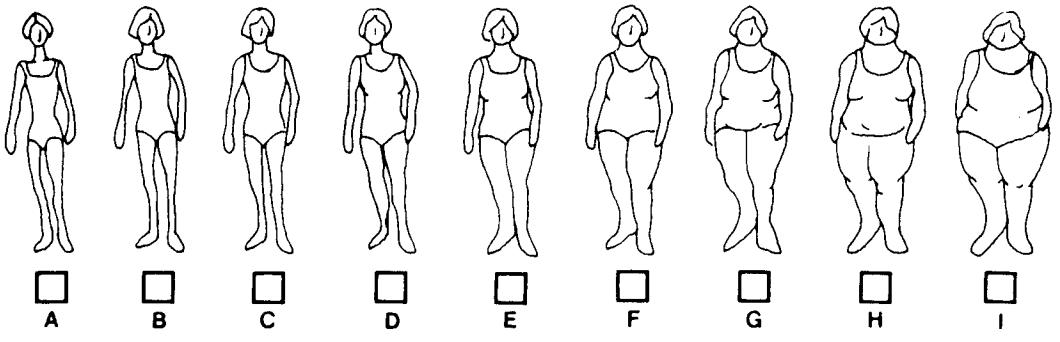
HAND SHOW CARD #10



A. RIGHT NOW, I LOOK LIKE:

CONTINUE WITH SAME SHOW CARD

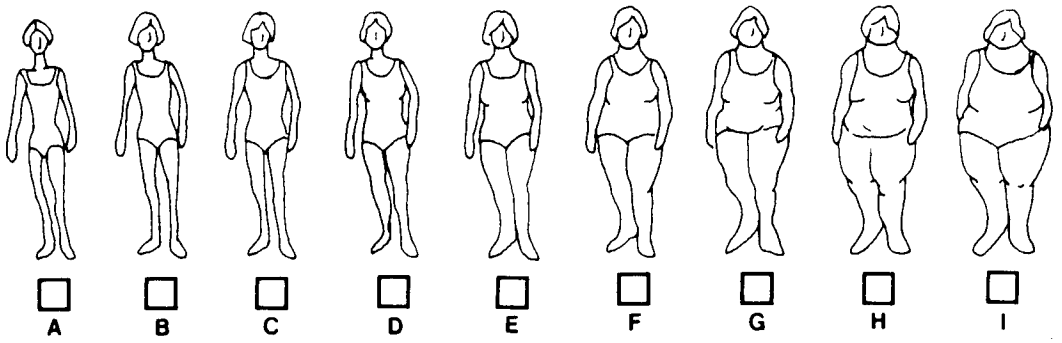
B. I WOULD LIKE IT BEST, IF I NOW LOOKED LIKE: FBESIMAG



HAND SHOW CARD #10

WOMBEST

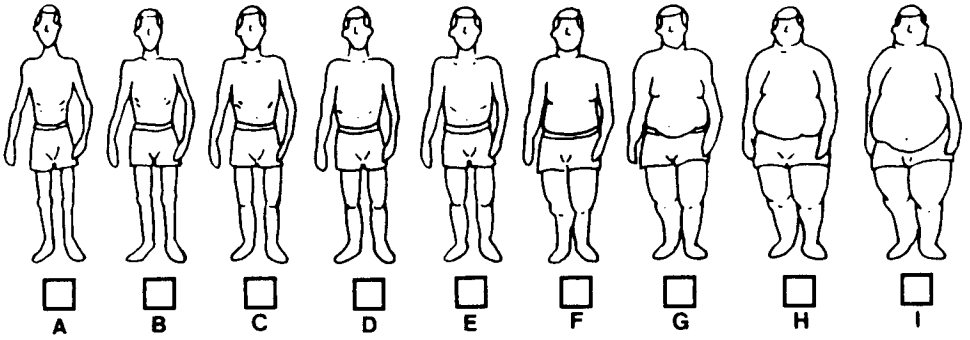
19. A woman looks best when she looks like:



HAND SHOW CARD #11

MANBEST

20. A man looks best when he looks like:



21. Do you have any close friends who are:

		Yes	No
A.	White? FRWHITE	☐	☐
B.	Black? FRBLACK	☐	☐
C.	Asian (for example, Chinese, Japanese, East Indian) or Pacific Islander? FRASIAN	☐	☐
FRAMIND D.	American Indian or Alaskan Native (for example, Eskimo)?	☐	☐
E.	Hispanic (for example, Puerto Rican, Mexican-American Cuban, Latin American)? FRHISP	☐	☐

22. Which statement best describes your neighbors? NEIGH

Almost all are white	☐	1
About half are white and half are black	☐	2
Almost all are black	☐	3

		Yes	No
23.	Have you ever tried to lose weight? LOSWT	☐	☐
24.	Are you trying to lose weight now? LOSWTNW	☐	☐
25.	Have you ever tried to gain weight? GAINWT	☐	☐
26.	Are you trying to gain weight now? GAINWTNW	☐	☐

27. How much would you like to weigh now? ..... WEIGHNOW ..... ___ ___ ___ lbs.

HAND SHOW CARD #12

28. Before you were 12 years old, or before junior high school, were you:

B4AGE12

(READ THE RESPONSE CATEGORIES)

Extremely thin	☐ 1
Somewhat thin	☐ 2
Not thin or overweight	☐ 3
Somewhat overweight	☐ 4
Extremely overweight	☐ 5

CONTINUE WITH SAME SHOW CARD

29. When you were 14-18 years old, or during high school, were you <u>usually</u>:

HISCHOOL

(READ THE RESPONSE CATEGORIES)

Extremely thin	☐ 1
Somewhat thin	☐ 2
Not thin or overweight	☐ 3
Somewhat overweight	☐ 4
Extremely overweight	☐ 5

30. As a child were you frequently teased about your weight? FREQTEAS

No	☐	1
Yes, about being underweight	☐	2
Yes, about being overweight	☐	3

HAND SHOW CARD #12

31. At your current weight do you feel that you are: FEELWT

(READ THE RESPONSE CATEGORIES)

Extremely thin	☐	1
Somewhat thin	☐	2
Not thin or overweight	☐	3
Somewhat overweight	☐	4
Extremely overweight	☐	5

HAND SHOW CARD #13

32. How much would a <u>FIVE-POUND</u> weight gain affect your feelings about yourself? GAIN5LB

(READ THE RESPONSE CATEGORIES)

Extremely	☐	1
Very much	☐	2
Moderately	☐	3
Slightly	☐	4
Not at all	☐	5

CONTINUE WITH SAME SHOW CARD

33. How much would a FIVE-POUND weight loss affect your feelings about yourself?

LOS 5 LB

(READ THE RESPONSE CATEGORIES)

Extremely	1
Very much	2
Moderately	3
Slightly	4
Not at all	5

HAND SHOW CARD #14

34. How satisfied are you with the way your body is proportioned?

BODPROP

(READ THE RESPONSE CATEGORIES)

Extremely satisfied	1
Satisfied	2
Dissatisfied	3
Extremely dissatisfied	4

35. Have you ever been on a weight loss diet, for example, cutting down on calories, cutting out certain types of food, eating less or eating less frequently, for more then one week? DIET

Yes ☐ No ☐

IF NO, SKIP TO ITEM 38.

HAND SHOW CARD #15

36. How often have you tried to diet whether successful or not?

AMTDIET

(READ THE RESPONSE CATEGORIES)

Almost always	☐ 1
Frequently	☐ 2
Occasionally	☐ 3
Rarely	☐ 4

37. At what age did you first restrict your food intake because of concern over your body size or weight?

AGEDIET

(READ THE RESPONSE CATEGORIES)

Before age 9	☐ 1
Between ages 9-14	☐ 2
Between ages 15-20	☐ 3
Between ages 20-30	☐ 4
After 30	☐ 5

HAND SHOW CARD #16

38. How often do you:

	(REPEAT THE QUESTION EACH TIME)	Never	Rarely	Some-times	Often	Always
		(READ RESPONSE CATEGORIES AS NECESSARY)				
	A. Get depressed ..... DEPRES	☐	☐	☐	☐	☐
	B. Feel anxious ..... ANXIETY	☐	☐	☐	☐	☐
DIFARISE	C. Have trouble getting up in the morning	☐	☐	☐	☐	☐
	D. Have crying episodes ..... CRY	☐	☐	☐	☐	☐
	E. Feel irritable ..... IRRIT	☐	☐	☐	☐	☐
	F. Feel tired ..... TIRED	☐	☐	☐	☐	☐
DIFSLEEP	G. Have trouble falling asleep	☐	☐	☐	☐	☐
	H. Get angry ..... ANGRY	☐	☐	☐	☐	☐

HAND SHOW CARD #17

39. How would you describe the weight of the child in this study:

CHILDWT

(READ THE RESPONSE CATEGORIES)

Extremely thin	☐	1
Somewhat thin	☐	2
Not thin or overweight	☐	3
Somewhat overweight	☐	4
Extremely overweight	☐	5

40. A. Does the child participating in this study have any natural or half brothers and sisters? ..... NCBROSIS

Yes ☐ No ☐

IF NO, SKIP TO ITEM 41.

HAND SHOW CARD #17

B. How many of these natural or half brothers or sisters would you describe as (give numbers):

(READ THE RESPONSE CATEGORY)

A. Extremely thin ..... CNXTHIN _____
B. Somewhat thin ..... CNSTHIN _____
C. Not thin or overweight ..... CNAVG _____
D. Somewhat overweight ..... CNSFAT _____
E. Extremely overweight ..... CNXFAT _____

41. A. Do you have any natural or half brothers and sisters? ..... NPBROSIS

Yes ☐ No ☐

IF NO, SKIP TO ITEM 42.

CONTINUE WITH SAME SHOW CARD

41. B. How many of these natural or half brothers or sisters would you describe as (give numbers):

(READ THE RESPONSE CATEGORY)

A. Extremely thin ..... PNXTHIN _____
B. Somewhat thin ..... PNSTHIN _____
C. Not thin or overweight ..... PNAVG _____
D. Somewhat overweight ..... PNSFAT _____
E. Extremely overweight ..... PNXFAT _____

Now I am going to ask you some questions about how people in your family get along. By your family I mean those you are living with right now. Please tell me how often the following things happen in your family.

HAND SHOW CARD #18

42. In my family we ask each other for help: FHELP

(READ THE RESPONSE CATEGORIES)

Almost never	1
Once in a while	2
Often	3
Almost always	4

43. We like to do things with just members of our family: FDOTHNG

(READ THE RESPONSE CATEGORIES)

Almost never	1
Once in a while	2
Often	3
Almost always	4

44. In my family we feel closer to each other than to people outside the family: FCLOSE

(READ THE RESPONSE CATEGORIES)

Almost never	1
Once in a while	2
Often	3
Almost always	4

45. In my family we like to spend free time with each other: By your family I mean those who are living with you right now. FSPEND

(READ THE RESPONSE CATEGORIES)

Almost never	1
Once in a while	2
Often	3
Almost always	4

46. Family members feel very close to each other: FFEEL

(READ THE RESPONSE CATEGORIES)

Almost never	1
Once in a while	2
Often	3
Almost always	4

47. When our family gets together for activities, everybody comes: FACTIV

(READ THE RESPONSE CATEGORIES)

Almost never	1
Once in a while	2
Often	3
Almost always	4

48. We can easily think of things to do together as a family: FTHINK

(READ THE RESPONSE CATEGORIES)

Almost never	1
Once in a while	2
Often	3
Almost always	4

49. In my family we ask other family members about our decisions: FASK

(READ THE RESPONSE CATEGORIES)

Almost never	1
Once in a while	2
Often	3
Almost always	4

50. In my family togetherness is very important: FTOGETH

(READ THE RESPONSE CATEGORIES)

Almost never	1
Once in a while	2
Often	3
Almost always	4

This concludes the questionnaire. Thank you very much for your help.

(ENTER REMAINING INFORMATION ON COVER SHEET)

FTYPE FREV NGHS Form 14
Rev. 1 1/93
9 Pages

GROWTH AND HEALTH STUDY
HEALTH BELIEFS AND ATTITUDES

RID

ID							
NC							
VN							

VISIT

MALFEM

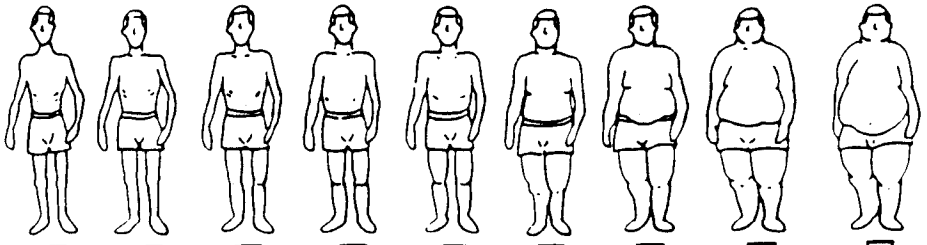
1. Are you male or female? ☐ Male ☐ Female

2. How happy or unhappy do you think the following people would feel about your weight if they were asked?

	Very Happy	Happy	Unhappy	Very Unhappy	Do Not Have One
A. Your husband/wife/partner? MATEWT	☐	☐	☐	☐	☐
B. Your girl in this study? NGHSCWT	☐	☐	☐	☐	

3A. Select the figure that looks most like **your father** when he was your **present age**.

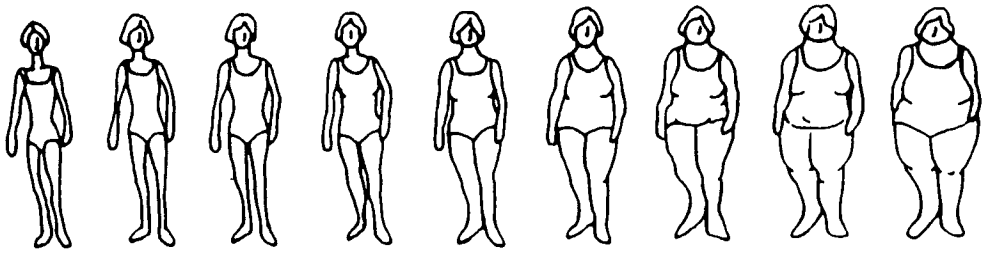
DADIMAGE



☐ A ☐ B ☐ C ☐ D ☐ E ☐ F ☐ G ☐ H ☐ I ☐ Don't Know J

3B. Select the figure that looks most like **your mother** when she was your **present age**.

MOMIMAGE



☐ A ☐ B ☐ C ☐ D ☐ E ☐ F ☐ G ☐ H ☐ I ☐ Don't Know J

4. **Within the last four years**, have any of the following people ever told you that you are **too thin**?

	Yes	No	Do Not Have One
A. Your husband/wife/partner MATETHIN	☐	☐	☐
B. Any male friend MALETHIN	☐	☐	☐
C. Any female friend FEMTHIN	☐	☐	☐
D. Any coworker COWKTHIN	☐	☐	☐
E. Your girl in this study NGHSCTHN	☐	☐	

5. **Within the last four years**, have any of the following people ever told you that you are **too fat**?

	Yes	No	Do Not Have One
A. Your husband/wife/partner MATEFAT	☐	☐	☐
B. Any male friend MALFAT	☐	☐	☐
C. Any female friend FEMFAT	☐	☐	☐
D. Any coworker COWKFAT	☐	☐	☐
E. Your girl in this study NGHSCFAT	☐	☐	

6. How important are the following things to you?

	Very Important	Important	Unimportant	Very Unimportant
A. Being well liked POPULIMP	☐	☐	☐	☐
B. Looking attractive ATTRIMP	☐	☐	☐	☐
C. Looking thin THINIMP	☐	☐	☐	☐
D. Being healthy HLTHIMP	☐	☐	☐	☐
E. Looking masculine (if male)/ looking feminine (if female) MASFEMIM	☐	☐	☐	☐
F. Not being fat NOFATIMP	☐	☐	☐	☐
G. Having a loving family LOVFAMIM	☐	☐	☐	☐
H. Doing well at your work WELWRKIM	☐	☐	☐	☐
I. Participating in sports or physically active games SPORTSIM	☐	☐	☐	☐
J. Being in good shape GODSHPIM	☐	☐	☐	☐
K. Not being skinny SKINYIMP	☐	☐	☐	☐

7. **How strongly** do you **agree** or **disagree** with the following?

I usually feel like eating something:

	Strongly Agree	Agree	Disagree	Strongly Disagree	Doesn't Matter
A. When I'm nervous ..... NERV	☐	☐	☐	☐	☐
B. When I'm under pressure ... PRESS ...	☐	☐	☐	☐	☐
C. When I'm bored ..... BORED	☐	☐	☐	☐	☐
D. When I'm sad ..... SAD	☐	☐	☐	☐	☐
E. When I'm happy ..... HAPPY	☐	☐	☐	☐	☐
F. When things aren't going my way NOTGOWY	☐	☐	☐	☐	☐
G. When I'm mad ..... MAD	☐	☐	☐	☐	☐
H. When I'm celebrating .. CELEBRAT ...	☐	☐	☐	☐	☐

8. How strongly do you agree or disagree that being **fat** would make **someone your age**:

	Strongly Agree	Agree	Disagree	Strongly Disagree	Doesn't Matter
A. Well liked ..... POPULFAT	☐	☐	☐	☐	☐
B. Feel better about themselves FELBTFAT ...	☐	☐	☐	☐	☐
C. Less able to succeed . NOSUCFAT	☐	☐	☐	☐	☐
D. More attractive to men/women ATTRFAT.	☐	☐	☐	☐	☐
E. Feel less like a woman/man MANWMFAT.	☐	☐	☐	☐	☐
F. Less confident . LESCNFAT	☐	☐	☐	☐	☐
G. Less likely to get pushed around PUSHFAT	☐	☐	☐	☐	☐
H. Healthier ... HLTHFAT	☐	☐	☐	☐	☐

IF FEMALE, SKIP TO ITEM 11.

MALE

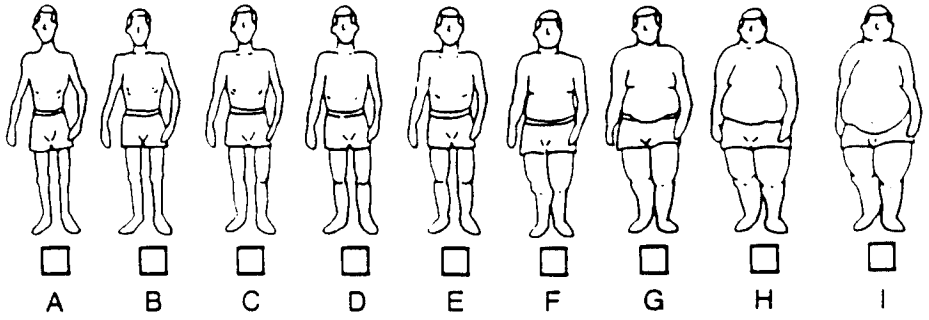
9. How happy or unhappy are you with

	Very Happy	Happy	Unhappy	Very Unhappy
A. Your height? ..... MHT	☐	☐	☐	☐
B. Your weight? ..... MWT	☐	☐	☐	☐
C. Your chest? ..... MCHEST	☐	☐	☐	☐
D. Your waist? ..... MWAIST	☐	☐	☐	☐

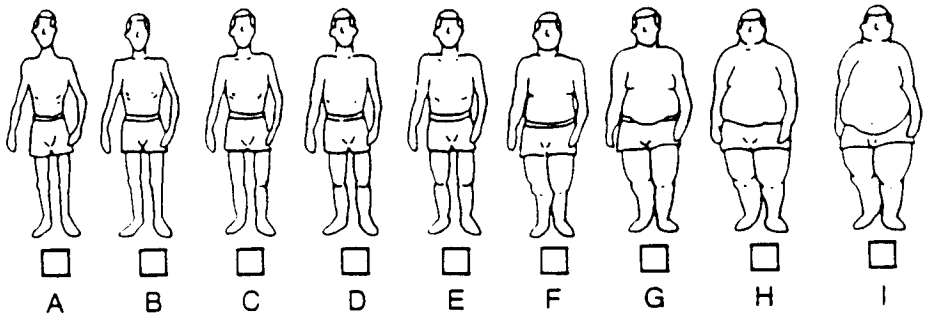
10. Please select the box under the figure that fits best.

A. Right **now**

I look like: MIMAGE



B. I **would like** it best if I now looked like: MBESIMAG



SKIP TO ITEM 13.

FEMALE

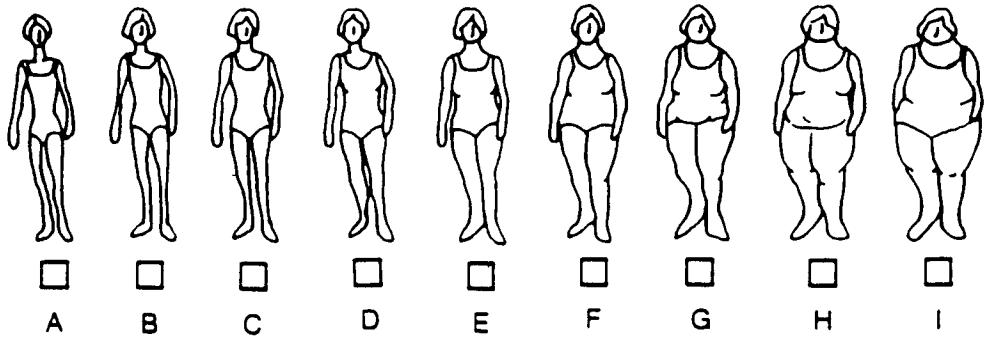
11. How happy or unhappy are you with

	Very Happy	Happy	Unhappy	Very Unhappy
A. Your height? FHT	☐	☐	☐	☐
B. Your weight? FWT	☐	☐	☐	☐
C. Your breasts? FBREAST	☐	☐	☐	☐
D. Your waist? FWAIST	☐	☐	☐	☐

12. Please select the box under the figure that fits best.

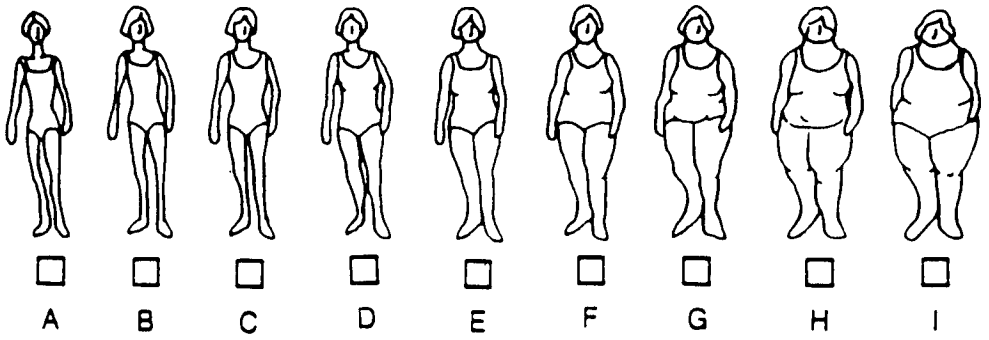
A. Right **now** FIMAGE

I look like:

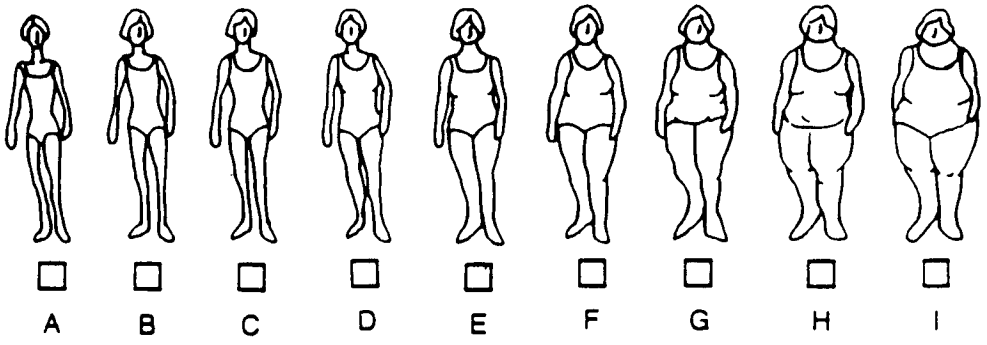


1. I am pregnant now ..... PREGNOW ..... ☐ 1

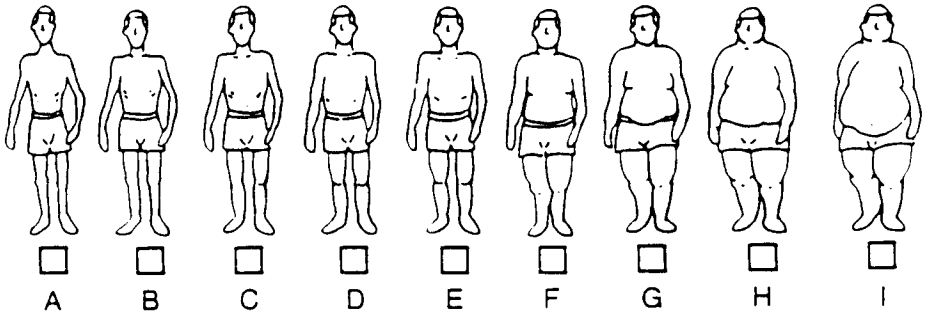
B. I **would like** it best if I now looked like: FBESIMAG



13. A woman looks best when she looks like: WOMBEST



14. A man looks best when he looks like: MANBEST



15. Do you have any **close friends** who are:

	Yes	No
A. White? FRWHITE	☐	☐
B. Black? FRBLACK	☐	☐
C. Asian (for example, Chinese, Japanese, East Indian) or Pacific Islander? FRASIAN	☐	☐
D. American Indian or Alaskan Native (for example, Eskimo)? FRAMIND	☐	☐
E. Hispanic (for example, Puerto Rican, Mexican-American, Cuban, Latin American)? FRHISP	☐	☐

16. What statement best describes the people living in your neighborhood? NEIGH

- Almost all are white ☐ 1
- About half are white and half are black ☐ 2
- Almost all are black ☐ 3
- None of the above ☐ 4

17. At your current weight do you feel that you are: FEELWT

- Extremely thin ☐ 1
- Somewhat thin ☐ 2
- Not thin or overweight ☐ 3
- Somewhat overweight ☐ 4
- Extremely overweight ☐ 5

18. How much would a **five-pound** weight **gain** affect your feelings about yourself? GAIN5LB

- Extremely ☐ 1
- Very much ☐ 2
- Moderately ☐ 3
- Slightly ☐ 4
- Not at all ☐ 5

A. Would you feel better or worse with this weight **gain**? GAINBW — Better ☐ Worse ☐

19. How much would a **five-pound** weight **loss** affect your feelings about yourself? LOSSLB

- Extremely ☐ 1
- Very much ☐ 2
- Moderately ☐ 3
- Slightly ☐ 4
- Not at all ☐ 5

A. Would you feel better or worse with this weight **loss**? LOSSBW Better ☐ Worse ☐

20. How satisfied are you with the way your body is proportioned? BODPROP

- Extremely satisfied ☐ 1
- Satisfied ☐ 2
- Dissatisfied ☐ 3
- Extremely dissatisfied ☐ 4

21. How often do you:

	Never	Rarely	Sometimes	Often	Always
A. Get depressed DEPRES	☐	☐	☐	☐	☐
B. Feel anxious ANXIETY	☐	☐	☐	☐	☐
C. Have trouble getting up in the morning DIFARISE	☐	☐	☐	☐	☐
D. Have crying episodes CRY	☐	☐	☐	☐	☐
E. Feel irritable IRRIT	☐	☐	☐	☐	☐
F. Feel tired TIRED	☐	☐	☐	☐	☐
G. Have trouble falling asleep DIFSLEEP	☐	☐	☐	☐	☐
H. Get angry ANGRY	☐	☐	☐	☐	☐

22. How would you describe the current weight of the girl in this study: CHILDWT

Extremely thin	☐ 1
Somewhat thin	☐ 2
Not thin or overweight	☐ 3
Somewhat overweight	☐ 4
Extremely overweight	☐ 5

Now I am going to ask you some questions about how people in your family get along. By your family I mean those living with you right now. Please tell **how often** the following things happen in your family.

	Almost Never	Once In A While	Often	Almost Always
23. In my family we ask each other for help. FHELP	☐	☐	☐	☐
24. We like to do things with just members of our family. FDOTHNG	☐	☐	☐	☐
25. In my family we feel closer to each other than to people outside the family. FCLOSE	☐	☐	☐	☐
26. In my family we like to spend free time with each other. FSPEND	☐	☐	☐	☐
27. In my family we feel very close to each other. FFEEL	☐	☐	☐	☐
28. When our family gets together for activities, everybody comes. FACTIV	☐	☐	☐	☐
29. We can easily think of things to do together as a family. FTHINK	☐	☐	☐	☐
30. Family members consult other family members on their decisions. FASK	☐	☐	☐	☐
31. Family togetherness is very important. FTOGETH	☐	☐	☐	☐
32. In our family we approve of each other's friends. FAPPROVE	☐	☐	☐	☐

Thank you very much.